



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09519, Guava nectar, with sucralose, canned

Report Date: June 30, 2017 11:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	11.3 fl oz 335g
Proximates					
Water	g	86.23	--	--	288.87
Energy	kcal	48	--	--	161
Energy	kJ	200	--	--	670
Protein	g	0.30	--	--	1.00
Total lipid (fat)	g	0.07	--	--	0.23
Ash	g	0.09	--	--	0.30
Carbohydrate, by difference	g	13.30	--	--	44.55
Fiber, total dietary	g	1.2	--	--	4.0
Sugars, total	g	10.15	--	--	34.00
Minerals					
Calcium, Ca	mg	8	--	--	27
Iron, Fe	mg	0.54	--	--	1.81
Magnesium, Mg	mg	2	--	--	7
Phosphorus, P	mg	3	--	--	10
Potassium, K	mg	33	--	--	111
Sodium, Na	mg	6	--	--	20
Zinc, Zn	mg	0.02	--	--	0.07
Copper, Cu	mg	0.025	--	--	0.084
Manganese, Mn	mg	0.058	--	--	0.194
Selenium, Se	µg	0.1	--	--	0.3
Vitamins					
Vitamin C, total ascorbic acid ¹	mg	21.3	1	--	71.4
Thiamin	mg	0.005	--	--	0.017

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	11.3 fl oz 335g
Riboflavin	mg	0.005	--	--	0.017
Niacin	mg	0.170	--	--	0.570
Vitamin B-6	mg	0.009	--	--	0.030
Folate, total	µg	4	--	--	13
Folic acid	µg	0	--	--	0
Folate, food	µg	4	--	--	13
Folate, DFE	µg	4	--	--	13
Choline, total	mg	1.1	--	--	3.7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	7
Retinol	µg	0	--	--	0
Carotene, beta	µg	29	--	--	97
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	49	--	--	164
Lycopene	µg	35	--	--	117
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	0.20
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.0	--	--	3.4
Lipids					
Fatty acids, total saturated	g	0.023	--	--	0.077
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.003
14:0	g	0.004	--	--	0.013
16:0	g	0.017	--	--	0.057
18:0	g	0.001	--	--	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	11.3 fl oz 335g
Fatty acids, total monounsaturated	g	0.020	--	--	0.067
16:1 undifferentiated	g	0.011	--	--	0.037
18:1 undifferentiated	g	0.009	--	--	0.030
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.017	--	--	0.057
18:2 undifferentiated	g	0.003	--	--	0.010
18:3 undifferentiated	g	0.014	--	--	0.047
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8e, 2004 Beltsville MD